

THE FAIRFAX AREA AGENCY ON AGING PRESENTS CAREGIVER'S CORNER ONLINE SEPTEMBER 2004

Caregiver's Corner Online is an electronic newsletter produced by the Fairfax Area Agency on Aging (AAA) with funding from the National Family Caregiver Support Program of the Older Americans Act. Our goal is to send you information to support you as a caregiver for an older adult.

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1. FREE SEMINARS SPONSORED BY THE FAIRFAX CAREGIVER SEMINAR

CONSORTIUM (FCSC). The Fairfax Caregiver Seminar Consortium (FCSC) presents its first series of free seminars for Caregivers of Older Adults. Details about the seminars are available at: www.fairfaxcounty.gov/service/aaa. Registration for these seminars is not required but strongly encouraged so that adequate handouts are available. The FCSC members are: Alzheimer's Association, National Capital Area; Alzheimer's Family Day Center; Fairfax County Department of Community and Recreation Services; Fairfax County Department of Family Services; Fairfax County Department of Health; and Thomas West Financial Services.

2. SERIES OF CLASSES SPONSORED BY THE ALZHEIMER'S FAMILY DAY CENTER.

Your Mom has Alzheimer's. How did this happen? It seems such a short time ago that she was caring for you--sharing advice and helping you through the challenges of growing up. Now, you find you are taking more and more responsibility for tasks in both your lives. Things change. Most people do not realize that things have changed until there is a crisis. Asking the right questions can prepare us for many of the uncertainties that lie ahead:

- * Should I become my mother's Power of Attorney? How can I help without taking away her independence? When is the right time to step in and take over some tasks?
- * Is Dad's forgetfulness simply normal aging, or is it Alzheimer's? How worried should I be? How can I get the right information from my doctor?
- * What resources are available to me? Who do I call for help?

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* How will I manage my parents' changing needs along with my family's ongoing needs, while maintaining my own sanity?

Knowledge provides the confidence to face the challenges of caring for a parent or spouse with Alzheimer's. Alzheimer's Family Day Center (AFDC) offers a series of six free classes, designed to answer questions and help caregivers prepare for the practical aspects of caring for a loved one with an Alzheimer's-type illness. AFDC is a non-profit adult day center focusing on the needs of people affected by all stages of Alzheimer's. Starting September 21, the classes will meet at the Center at 2812 Old Lee Highway, Suite 210, in Fairfax, Virginia, on Tuesdays from 1:00 p.m. to 3:00 p.m. Please call 703-204-4664 to register. Respite for your loved one is available free of charge during class meetings.

Schedule of Speakers:

September 21: Jean Galloway Ball, Elder Law Attorney, will discuss power of attorney, health care directives and financial planning.

September 28: Geriatric Psychiatrist, Andrew Molchon, MD, will discuss symptoms of Alzheimer's disease, diagnosis, medical treatment, pharmacology and how to expedite doctor visits.

October 5: Nancy Dezan, Education Coordinator for the Alzheimer's Association, will offer tips on explaining Alzheimer's disease to kids and teens and ways to help them cope with the changes a family member with memory loss goes through.

October 12: Susan Stone, Outreach and Education Coordinator for Alzheimer's Family Day Center, will share communication strategies and discuss therapeutic benefits of humor in managing the stresses of day-to-day caregiving.

October 19: "Why does she do that?" Susan Stone will talk about common behaviors, and demonstrate practical interventions to facilitate activities of daily living.

October 26: Panel of Alzheimer's Aging and Caregiving Specialists discuss and answer questions about the resources within the Northern Virginia community. Karin Udler, LCSW, Helpline Manager at Alzheimer's Association Northern VA Chapter, will lead the panel.

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3. Rx FOR DEMENTIA: MAKING CAREGIVER CONNECTIONS THAT COUNT. The 18th Annual Conference sponsored by the Northern Virginia Respite Care Consortium will be held Thursday, November 11, 2004, from 8:30 a.m. to 4:00 p.m. Financial support for the program is being provided by Forest Pharmaceuticals and Sunrise Senior Living. The popular day-long event will be held at Goodwin House West in Falls Church, VA. Speakers include Anna Ortigara, RN, MS; John Laster, Esq.; Patrick Correnty, MD; and a panel of seasoned caregivers. Fees are \$25 for family caregivers; \$35 for professional and paid caregivers. For a conference brochure and registration form, please call the Alzheimer's Association, National Capital Area, at 1-866-259-0042 (toll free) or visit their Web site at: <http://www.alz-nca.org>.

4. PREVIOUS EDITIONS OF CAREGIVER'S CORNER ONLINE NEWSLETTER ARE NOW AVAILABLE. Current and past editions of the Caregiver's Corner Online Newsletter (May through August 2004) are available online at: http://www.fairfaxcounty.gov/service/aaa/caregivers_cornernl.htm.

5. CAREGIVER CHRONICLES.

If you have a story to share about your caregiving experiences that you feel would be of interest/benefit to others, please submit it to beth.hershner@fairfaxcounty.gov. We reserve the right to determine which articles will be published and to edit them for space. We look forward to hearing from you.

**Please note that these items are included for informational purposes only and do not imply endorsement by the Fairfax Area Agency on Aging or Fairfax County Government.

For further information, please contact an Aging Information Specialist at the Fairfax Area Agency on Aging (telephone: 703-324-7948; TTY 703-449-1186 or e-mail: fairfax_aaa@fairfaxcounty.gov). Visit our website at: www.fairfaxcounty.gov/service/aaa.

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